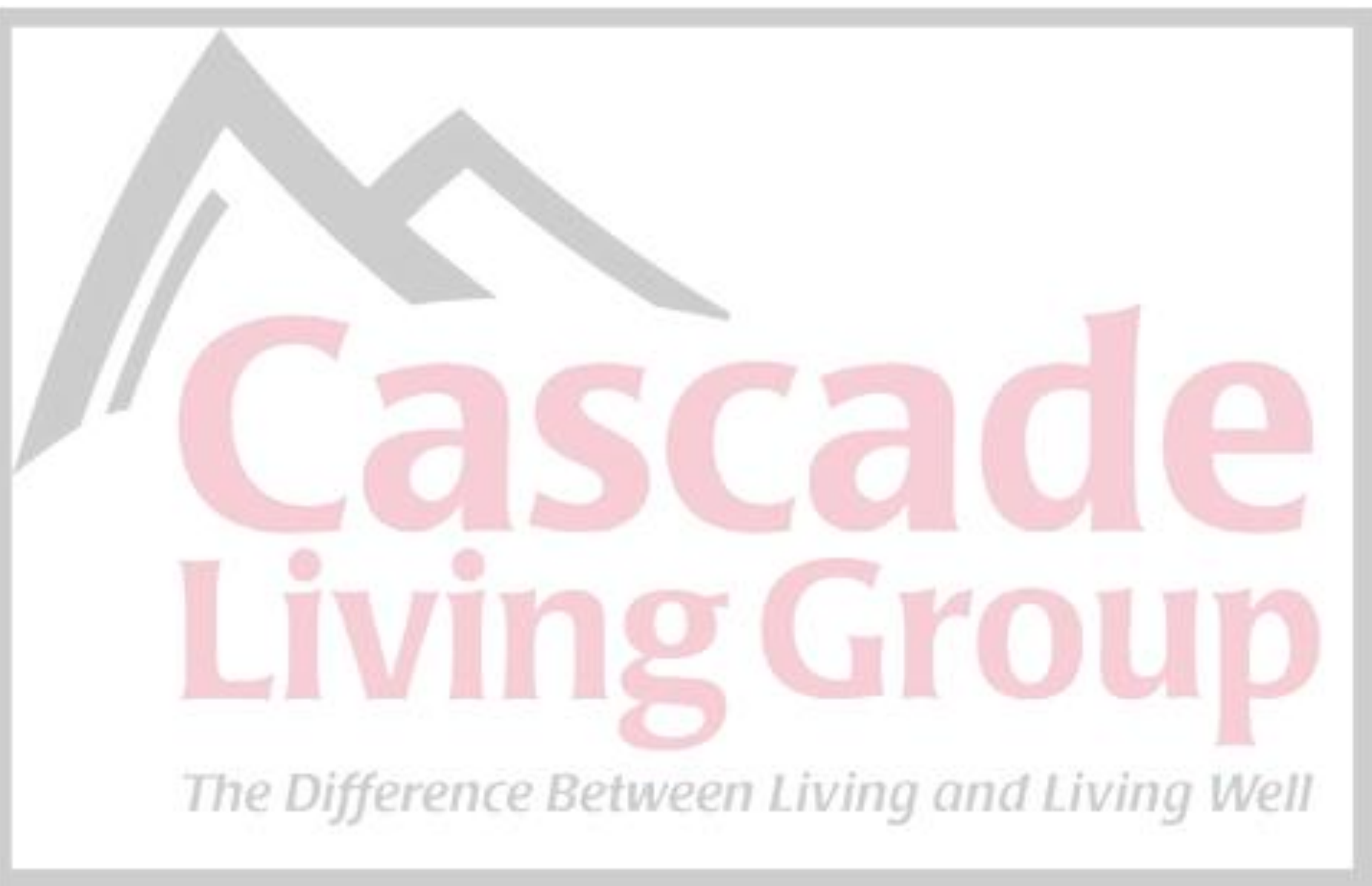


May

2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(LV)= Living Room (TR)= Theater Room (L2)- 2nd Floor Library (B)= Bistro	*Walks are Indoors to Outdoors			1 1:30-3:00 Karaoke (TR)	2
	3	4	5	6	7	8
		10:00am- Fitness Class (LV) 2:00pm-Juice Bar (B)	10:00am-1to1 Visits 1:00pm-Heart Health Fit (TR) 2:00pm- Walks	10:00am Gym Fitness (LV) 11:00am 1 to 1 Visits 1:15pm-Cardio Drum (TR)		
10	11	12	13	14	15	16
		10:00am- Fitness Class (LV) 2:00pm-Juice Bar (B)	10:00am-1to1 Visits 1:00pm-Heart Health Fit (TR) 2:00pm- Walks	10:00am Gym Fitness (LV) 11:00am 1 to 1 Visits 1:00pm-Chair Yoga (TR)	1:30-3:00 Karaoke (TR)	
17	18	19	20	21	22	23
		10:00am- Fitness Class (LV) 2:00pm-Juice Bar (B)	10:00am-1to1 Visits 1:00pm-Hand Massage (L2) 3:00pm- Walks	10:00am Gym Fitness (LV) 11:00am 1 to 1 Visits 1:15pm-Cardio Drum (TR)		
24	25	26	27	28	29	30/31
			10:00am-1to1 Visits 1:00pm-Heart Health Fit (TR) 2:00pm- Walks	10:00am Gym Fitness (LV) 11:00am 1 to 1 Visits 1:00pm-Chair Yoga (TR)	1:30-3:00 Karaoke (TR)	



Cascade Living Group

The Difference Between Living and Living Well